



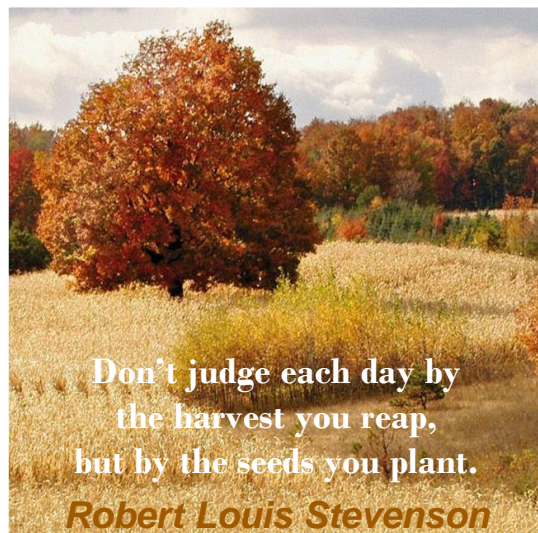
REVIVE FACT #1  
happify.com

## Walk Outside Today

Spending 15 minutes walking in a natural setting can boost your happiness and even help you resolve a minor problem in your life.

MAYER, F.S. ET AL. (2009) ENVIRONMENT AND BEHAVIOR

the science of happiness by **happify**



Don't judge each day by  
the harvest you reap,  
but by the seeds you plant.

**Robert Louis Stevenson**

COMMONHEALTH CONNECTIONS

# Healthy habits

DO YOUR BEST TO STAY WELL BY  
TAKING CARE OF YOURSELF  
FIRST AND FOREMOST



CommonHealth

[www.commonhealth.virginia.gov](http://www.commonhealth.virginia.gov)



Soft  
Turkey  
Tacos with  
Smoky  
Tomatillo  
Salsa